

### ABSTRACT

A vehicle shock absorber includes a housing, and a shock-absorbing member. The housing has at least one hollow formed therein, is formed of a rigid material, and is fixed to a bone structural member of vehicles. The shock-energy absorbing member is disposed in the hollow of the housing at least, and is formed of a super plastic polymer material. The super plastic polymer material exhibits a tensile breaking elongation of 200% or more, a yield strength of 20 MPa or more with respect to a predetermined strain, and a tensile elastic modulus of 400 MPa or more.